



**Medical, Career Development Services & Administrative Offices**

100 Deerfield Road  
Windsor, CT 06095  
860.270.0600  
Fax 860.748.4432

**Adult Day Support,  
Career Development Services &  
Veteran & Military Family Programs**

24 Stott Avenue  
Norwich, CT 06360  
860.859.4148

**Adult Day Support, Enviroshred,  
Enviroclean & Social Enterprises**

22 Prestige Park Circle  
East Hartford, CT 06108  
860.728.1061

**Award winning Easterseals Capital Region  
& Eastern Connecticut Accolades**

- Vocational Rehabilitation Programs CARF Accredited
- CARF Accredited Comprehensive Outpatient Rehabilitation Facility
- One of the Larger Neuropsychological Practices in Connecticut

**Connect with Us**

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veteransrallypoint

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100 Deerfield Road • Windsor CT 06095



**Therapy and  
Social Services**

Our multi-disciplinary clinical team offers a full range of outpatient services

Call now for an appointment  
**860.270.0600**



## Therapy

Services focus on individual, couples, or family concerns including mood regulation, depression, anxiety, grief, and social pressure. The provider works with patients to improve their quality of life through either short or long-term treatment.

**Age Range:** Lifespan

**Types Offered:** Individuals Therapy, Couples Therapy, Family Therapy, in-person and virtual.

**Duration:** 30min, 45min, 60min

**Common Diagnoses Treated:**

- Autism Spectrum Disorder
- Depression
- Bipolar Disorder
- Generalized Anxiety Disorder
- Grief
- Oppositional Defiant Disorder
- Panic Disorder
- Trauma

## Case Management

Services that center on providing psychoeducation and support related to applying for benefits and managing adult responsibilities, such as applying for government assistance, completing taxes, and understanding and maintaining a budget.

**Overview:** In-person, 30min per session.

A prescription or referral can be sent to our confidential fax number: 860-748-4432.

For a copy of our referral form, visit: <http://tinyurl.com/es-medreferral>

To learn more or register for any services we offer, please visit <https://tinyurl.com/es-medrehab>



## Groups

Services where patients with similar symptoms process their experiences together, learning more effective coping skills. It can be used to treat a variety of conditions including but not limited to emotional trauma, anxiety, depression, post-traumatic stress disorder (PTSD) and attention deficit hyperactivity (ADHD) among others. Enrollment is on a rolling basis.

- **Dementia Caregivers Support Group:** Caregivers will practice emotional regulation skills they can use at home, leading to improved care for both themselves and their loved one.
- **Teen Trauma Group:** Teens who have experienced trauma will build emotional awareness and expression skills, recognizing their personal strength in a group setting.
- **Coping Skills Group:** This group will help participants learn various coping skills to address overwhelming feelings including learning how to identify triggers, improving self-awareness, self-acceptance and self-esteem.

## PEERS® Social Skills Program

PEERS® was developed at UCLA It is an evidence-based group treatment program for autistic individuals as well as those with ADHD, anxiety or other social challenges who are interested in making and keeping friends.

Participants and their social coaches (usually a parent or other family member) attend weekly group sessions for 90 minutes per week, simultaneously.

Participants are taught social skills through lessons and role-play demonstrations. These skills are practiced both during group and through homework assignments.

## About Our Medical Rehabilitation Programs

Our non-profit Outpatient Center is comprised of therapists who are dedicated to providing services that enhance the health and well-being of our patients. We provide those services on a one-on-one basis using the time needed to help our patients reach the best possible outcomes.

Easterseals is one of America's largest nonprofit health care organizations serving individuals and families with disability, children, veterans, seniors, and caregivers. A leading provider of outcomes-based services and powerful advocacy for the one in four people living with disability, Easterseals serves people living with all disabilities throughout the lifespan. Supporting their goals of independence self-sufficiency and community integration.

### OUR PURPOSE & MISSION:

To lead the way to 100% equity, inclusion, and access for people with disabilities, families and communities by enriching education, enhancing health, expanding employment, and elevating community.

**All Abilities. Limitless Possibilities.**

